

POST'S
GUIDE
to the
PAN AM
GAMES



DIVING

GUIDE TO THE GAMES

BY NICK FARIS, NATIONAL POST

Venue

CIBC Pan Am/Parapan Am Aquatics Centre and Field House

Venue acronym

PAC

Landmark status

Medium

Built in the lead-up to the Games, the Scarborough venue has two Olympic-size pools and a diving area. Organizers have pegged the \$205-million complex as “the largest investment ever in Canadian amateur sport history.”

Other events at this venue

Fencing, modern pentathlon,

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roller sports (speed skating), swimming, synchronized swimming; sitting volleyball and swimming during the Parapan Ams

Transit options

Subway on Line 2 to Kennedy Station, then 198 Rocket bus northeast to venue.

For exact directions, try:

Triplinx.ca

[TTC trip planner](#)

Schedule

July 10 Preliminary rounds, men's 3-metre and women's 10-metre

July 11 Finals, men's 3-metre and women's 10-metre

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July 12 Preliminary rounds and finals, women's 3-metre and men's 10-metre

July 13 Synchro finals, men's and women's 3-metre and 10-metre

[See the full competition schedule at the Pan Am website](#)

How it works

Diving individually or in sync with a partner, competitors execute an extravagant combination of flips and gyrations in mid-air, for which a panel of judges awards them points. Events are split into 3-metre springboard and 10-metre platform, marking the distance above the water.

The best dives will combine execution with overall difficulty,

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characterized by entering the water cleanly and adhering to the pre-planned components of the dive.

Teams competing

A total of 60 athletes from 13 countries will dive. Canada, Brazil, Mexico and the United States will send the most, at eight each.

Canada's team

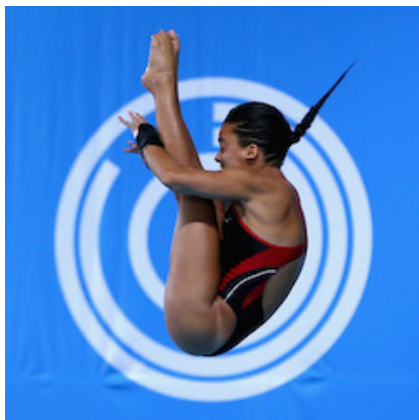
Women

Jennifer Abel, Meaghan Benfeito, Roseline Filion, all Laval, Que.; Pamela Ware, Montreal

Men

Maxim Bouchard, Saint-Constant, Que.; Philippe Gagné, Montreal; François Imbeaudulac, St-Lazare, Que.; Vincent Riendeau, Pointe-Claire, Que.

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**Meaghan Benfeito at the 2014
Commonwealth Games**

Tournament format

Preliminary rounds are scheduled for all four individual events — men's and women's 3m and 10m — with the top divers progressing to the final. The four synchro events — men's and

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women's 3m and 10m — start right in the final.

Results from 2011

Mexico dominated. The host country swept all eight golds, and added three silvers and a bronze for good measure. The remaining silverware was split among five countries, including Canada, who claimed two silver and two bronze, all but one collected by Abel, Benfeito and Fillion, to finish second in the overall table.

Why it's worth watching

Diving combines eloquence and adrenaline; its athletes flip like elite trampolinists while plunging toward water like targeted arrows. The quest for absolute precision, of course, entails in-

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credible pressure. Canada has had a recent history of excellence in the sport, with 11 Olympic medals.

Competition outlook

Watch for a Canadian affront on Mexico, at least on the women's side. Paola Espinosa, Laura Sanchez and Tatiana Ortiz combined to sweep all four women's medals in 2011, but only Espinosa will dive in Toronto. Canada's women's team is replete with international experience.

Ivan Garcia headlines Mexico's men's squad after winning two gold medals in 10m diving four years ago, while Rommel Pacheco, a former individual silver medallist from 10m, is expected to compete in the 3m events

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this year. Canada's best hope is Imbeau-Dulac, a 3m veteran who placed 13th at the 2012 Olympics.

Photo: Quinn Rooney/Getty Images
